

I Know...

*...how to **get over** a breakup.*

*...eleven signs of an **unhealthy** relationship.*

*...when to **walk away** from a conflict.*

*...ten ways to make **new friends**.*

*...how to
have healthy
relationships!*

I Know because of...

girlshealth.gov
Be Healthy. Be Happy. Be You. Beautiful.



U.S. Department of Health and Human Services,
Office on Women's Health

